

Follow-up Sheet

Relief of symptoms associated with respiratory tract infections

Date First name Last name

I HAVE (or my child has):

Otitis Media Pneumonia Pharyngitis-tonsillitis

Bronchitis Sinusitis Other infection: _____

ANTIBIOTICS ARE NOT NECESSARY...

... because this infection is probably caused by:

a **virus**, against which antibiotics have **no effect**;

a **bacterium** against which antibiotics are **not effective enough**;

other non-infectious factors against which antibiotics have **no effect**.

TO FIGHT THE INFECTION NATURALLY:

rest, keep hydrated and eat healthy.

TO RELIEVE YOUR SYMPTOMS

			
Fever and Pain	Nasal Congestion	Cough	Sore Throat
<input type="checkbox"/> Take acetaminophen. <input type="checkbox"/> Take ibuprofen. <input type="checkbox"/> If necessary, talk to your pharmacist for information about the dosage.	<input type="checkbox"/> Rinse or spray your nasal airway with salt water _____ times a day. <input type="checkbox"/> Use a decongestant nasal spray once at bedtime for _____ days.	<input type="checkbox"/> If necessary, talk to your pharmacist for help in choosing a syrup. <input type="checkbox"/> Take the medication prescribed by your doctor according to the dosage.	<input type="checkbox"/> If necessary, talk to your pharmacist for help in choosing a treatment. <input type="checkbox"/> Take the medication prescribed by your doctor according to the dosage.

Other: _____

FOLLOW-UP WITH A HEALTH PROFESSIONAL :

→ if your symptoms persist after _____ days;

→ if your fever lasts for more than _____ hours;

→ if your symptoms get worse or new ones appear.

→ Other reason: _____

Info-Santé 811 is a resource where you can discuss your symptoms at any time!

Health professional's signature: _____

USEFUL INFORMATION

WHY DO I HAVE SYMPTOMS?

The symptoms experienced during a respiratory infection indicate that your body's natural defenses are at work.

BEFORE BUYING AN OVER-THE-COUNTER MEDICATION

It is often advisable to consult a pharmacist:

- To make sure that you choose the right medication and that it is not contraindicated (drug interaction, pregnancy, etc.);
- To discuss the directions, precautions and potential side effects.

It is very important that you follow the dosing instructions for the medication.

ANTIBIOTIC RESISTANCE

The improper or inappropriate use of antibiotics (for example, not adhering to the dosage or the duration of treatment) could increase the bacteria's resistance to these antibiotics. This, in turn, could reduce their effectiveness the next time you really need them.

It is very important that you follow the dosing instructions for the antibiotic for the entire duration of treatment.

COMMON ADVERSE EFFECTS OF ANTIBIOTICS

- Diarrhea
- Nausea
- Vomiting
- Abdominal pain
- Rash



Washing your hands regularly and staying at home will help reduce the risk of infecting others.